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Cucumber Sushi Rolls ♦♦

Cucumber sushi rolls are a delicious and healthy vegan option for sushi lovers. They are made with fresh cucumber slices, sushi rice, and a variety of colorful vegetables. These rolls are perfect for a light lunch or as a refreshing appetizer. The combination of flavors and textures makes them a crowd-pleasing dish.

Recipe Type: Vegan

Prep Time: 20 mins

Cook Time: N/A

Total Time: 20 mins

Recipe Yield: 300 grams

Number of Servings: 4

Serving Size: 75 g

Ingredients

300 g	cucumber
200 g	sushi rice
50 g	carrot
50 g	bell pepper
50 g	Avocado

50 g	radish
30 ml	soy sauce
10 g	wasabi
10 g	pickled ginger

Directions

Step 1

Boiling

Prepare the sushi rice according to the package instructions.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Cutting

Slice the cucumber, carrot, bell pepper, avocado, and radish into thin strips.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Preparation

Place a sheet of nori on a bamboo sushi mat. Spread a thin layer of sushi rice on top of the nori.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Arranging

Arrange the cucumber, carrot, bell pepper, avocado, and radish strips on top of the sushi rice.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Cutting

Roll the sushi tightly using the bamboo mat. Slice the sushi roll into bite-sized pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 3 g

Protein: 4 g

Carbohydrates: 27 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	27 g	49.09%	54%
Fibers	4 g	10.53%	16%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	3 g	10.71%	12%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	20 iu	2.22%	2.86%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	250 mg	7.35%	9.62%
Zinc	4 mg	36.36%	50%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Cuisines

Japanese

Course

Drinks Salads Sauces & Dressings

Cultural

Chinese New Year

Diet

Paleo Diet Vegan Diet Raw Food Diet Lacto-Vegetarian Diet
Lacto-Ovo Vegetarian Diet Fruitarian Diet Low Sodium Diet
The Hypothyroidism Diet The Gallbladder Diet The Diverticulitis Diet
The Lactose-Free Diet The Low-Histamine Diet

Meal Type

Snack Supper

Difficulty Level

Medium

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